



**ADVANCED SPINAL CARE & REHAB**  
**CENTRE FOR HEALTH & WELLNESS**

WWW.ADVANCEDSPINAL.NET

**651-490-1507**



DATE \_\_\_\_\_

EXERCISE TYPE/ DURATION \_\_\_\_\_

---

<b>BREAKFAST</b>	TIME:	CALORIES:
<b>A.M. SNACK</b>	TIME:	CALORIES:
<b>LUNCH</b>	TIME:	CALORIES:
<b>P.M. SNACK</b>	TIME:	CALORIES:
<b>DINNER</b>	TIME:	CALORIES:

DATE \_\_\_\_\_

EXERCISE TYPE/ DURATION \_\_\_\_\_

---

<b>BREAKFAST</b>	TIME:	CALORIES:
<b>A.M. SNACK</b>	TIME:	CALORIES:
<b>LUNCH</b>	TIME:	CALORIES:
<b>P.M. SNACK</b>	TIME:	CALORIES:
<b>DINNER</b>	TIME:	CALORIES: